

FAINTING AND DIZZY SPELLS

The Cause of such Symptoms and Remedy Told in This Letter.

Syracuse, N. Y.—"When I commenced the Change of Life I was poorly, had no appetite and had fainting spells. I suffered for two or three years before I began taking Lydia E. Pinkham's Vegetable Compound and the Liver Pills which I saw advertised in the papers and in your little books. I took about twelve bottles of your Vegetable Compound and found it a wonderful remedy. I commenced to pick up at once and my suffering was relieved. I have told others about your medicine and know of some who have taken it. I am glad to help others all I can."—Mrs. R. E. DEMING, 437 W. Lafayette Ave., Syracuse, N. Y.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Moreover this reliable remedy contains no narcotics or harmful drugs and owes its efficiency to the medicinal extracts of the native roots and herbs which it contains.

The Radium Hospital OF OMAHA

34th and Farnam Streets
For the treatment of
Cancer, Tumor, Goiter and
Precancerous Conditions

The Largest Institution of its Kind in the World

CHIROPRACTIC

LEE W. EDWARDS M.D., D.C.
New Location: Southwest Cor.
24th and Farnam

PATENTS Watson E. Coleman,
Patent Lawyer, Washington,
D.C. Advice and book free.

FRECKLES POSTED BY Dr. H. H. Berry,
Freckle Specialist, 912 E. 12th St.,
Omaha, Neb. 68102. Free book.

Lady Pymalion.
The Instructor—That bust is fairly
well modeled, but the expression is
all wrong. It should be sad and
thoughtful.

The Pretty Art Student—I know it
and I had expression just right sev-
eral times, but whenever I'd try to fix
his hair or just touch his cheeks with
my fingers the face would break into
a smile.

A native of Ashanti hears one of
seven names, corresponding to the day
of the week on which he was born.

Nebraska Directory

BE A NURSE

Exceptional opportunity at the present time
for young women over nineteen years of age
who have had at least one year in high school
to take Nurses' Training in general hospital.
Our graduates are in great demand. Address
Supt. of Nurses, Lincoln Sanitarium,
Lincoln, Nebraska.

Omaha Crematory

Send for illustrated booklet
Address or call on

Forest Lawn Cemetery Assn.
720 Brandeis Theatre Omaha, Neb.

For Sale By Owner

One of the finest stock farms in eastern
Nebraska, only thirty miles from
Omaha, within easy trucking distance
from South Omaha market. There are
223 acres; a good set of buildings,
fine apple orchard and everything needed
for making big money farming, or
can be sold at \$25.00 advance in less
than 60 days. Price cut from \$265 to
\$240 per acre for quick sale. Write
or see O. H. Menold, 337 Omaha National
Bank Building, Omaha.

MR. FORD OWNER, WE
MAKE YOUR OLD FORD NEW

Liberal
allowance for
your old body

NEW AND
USED CARS

Phone Tyler 714
GOLDSTROM AUTO SALES CO.

Ames-Kelsey-Ottawa Streamline Bodies for the
Ford Chassis. Commercial Cabs and Bodies.
Central Garage, 1318 Harney St., Omaha, Neb.

Highest Prices for Cream

Ship direct to manufacturer and eliminate the
middleman. Ship any day as we will give you benefit
of all raises in price while cream is in transit. We
guarantee service and good satisfaction.

ALAMITO DAIRY CO., Omaha, Neb.

BAILEY THE DENTIST

A specialist in each department
of dentistry
Makes Dentistry Easy for You

704-714 City Nat'l Bank OMAHA

Tents, Stack Covers
AWNINGS
Camp Furniture
NEBRASKA TENT & AWNING CO.
1204 Farnam St., Omaha, Neb.

WASHINGTON SIDELIGHTS

Uncle Sam Honors Pilgrim Tercentenary



WASHINGTON.—The observances this year and next of the tercentenary of the landing of the Pilgrims will be varied, with several nations participating. The house has passed a resolution appropriating \$400,000 for participation by the federal government. The resolution provides for the appointment of a commission. Two sections are substantially as follows: "One hundred thousand dollars may be expended under the direction of the commission and in co-operation with the Provincetown tercentenary commission for the purpose of completing and improving the approaches to and the grounds of the Pilgrim monument at Provincetown, Mass.; of erecting suitably inscribed tablets or markers in the towns of Provincetown, Truro,

Wellfleet and Eastham, and for other work in connection therewith. "Three hundred thousand dollars may be expended under the direction of the commission and in co-operation with the Pilgrim tercentenary commission for the purpose of restoring and improving Plymouth rock and the shore line of the locality adjacent thereto, of protecting and improving the burial grounds upon Coles hill and Burial hill in Plymouth, Mass.; of erecting tablets or markers at appropriate places in the Old Colony, and for other work in connection therewith."

Massachusetts has appropriated \$225,000 and Plymouth \$225,000. Patriotic and fraternal societies and other organizations have also contributed largely.

The commission is to be known as the United States Pilgrim Tercentenary commission and to be composed of nine commissioners, as follows: Three persons to be appointed by the president, two senators by the president of the senate, and four representatives by the speaker of the house of representatives. The commissioners shall serve without compensation and shall select a chairman from among their number.

Farmer Gets Half of Average Milk Price

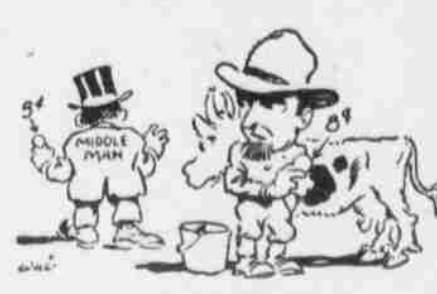
IT COSTS the average housewife in the United States 15.9 cents a quart for milk. This is the figure based on returns for April of 97 of the principal cities of the United States in every state in the Union, compiled by the department of agriculture.

For the milk which costs the housewife 16 cents (approximately) the farmers of the United States get from 4 cents up to 13 cents—an average of 8 1/2 cents.

Thus, of every dollar spent for milk in the United States, the dairy farmer gets only 50 cents. The other 50 cents covers the costs which come between farmer and consumer—freight, distribution and profits of the middleman.

The range of prices in April to the farmer who produces milk varied throughout the United States. In New England the farmer got from 6 to 10 cents a quart; in the east north central states they got from 5 to 8 cents; in the west north central states from 5 to 8 cents; in the south Atlantic states from 7 to 13 cents; in the east south central region from 6 to 8 cents; in the west south central states from 6 to 11 cents; in the mountain states from 6 to 9 cents, and in the Pacific states from 4 to 9 cents per quart.

Savannah, Ga., has the highest retail price for milk—from 25 to 30 cents a quart to the family trade. Many other cities have 25-cent milk. The cities with the lowest milk prices of



those reporting to the agricultural department are Seattle, Milwaukee and Green Bay, Wis., where the price is 12 cents a quart to family trade. Salt Lake City has a price of 12 1/2 cents a quart.

Every other city of the 97 reporting has prices above 12 cents.

In 1914 the average price per quart of milk was only 8 cents. By 1918 it had risen to an average of 14 cents; now it is near 16 cents. This represents an increase of nearly 100 per cent.

That the farmer is not profiteering is indicated by the fact that the costs of all foodstuffs and other elements entering into the production of milk have risen more than the milk price.

Out of 25 principal cities in the United States the farmer fares worst and the distributing company best in Omaha, Neb., where 57.1 per cent of the price of a quart of milk goes to the company and 42.8 per cent to the farmer.

U.S.S.G. Army: "Every Child in a Garden"



CHILDREN to the number of 2,500,000 were enrolled in 1919 in the United States school garden army. With the new year the problems that confront educators are to increase this army, to make the garden work more permanent and to increase its educational value. The motto of the garden army—"A Garden for Every Child, Every Child in a Garden"—can only be realized when gardening becomes a definite part of school work.

City children will form habits of industry and regularity by utilizing their energies on the back yards and vacant lots that are now largely unproductive. School-supervised home gardening requires only a limited amount of school time, but it should have as definite a place and credit as

any other school subject. As a practical out-of-school hours subject, gardening admits of the widest kind of correlation with other studies. There is no school subject from which more real knowledge may be gained of science, of art, of life's relations than from dealing with living, growing plants.

The formation of companies should be continued. The company simply establishes a working unit that may include a class, a school or any other group adapted to local conditions. The number in a company may vary from ten to 50.

Each company should have a captain and one or two lieutenants, the latter depending on the number of pupils enlisted.

The 1920 insignia is made by lithographing the U. S. S. G. A. design on a celluloid bar and has a bangle pin attached. The insignias are complete and ready for distribution to the pupils when received by the teacher.

A certificate of honor will be presented to children who achieve real success. Manuals (free to teachers) may be purchased of the superintendent of documents, government printing office, Washington.

Young Oklahoma Marvelously Prosperous

IN THE house the other day Representative Everett B. Howard of Oklahoma made an interesting speech based on the fact that 31 years ago took place the famous "Indian Territory" race for homesteads, which marked the beginning of his state. That fertile country which was inhabited in the morning by the occasional cowboy and the coyote at eventide of that same day boasted of cities of thousands and a total population running well-nigh the 100,000 mark. In the course of his remarks he brought out the following facts:



Oklahoma crops for the year 1919 were worth \$547,758,000. Value of Oklahoma livestock for 1919 was \$214,181,000. Oklahoma now ranks tenth among states in the value of all crops. The average income of the 200,000 families on Oklahoma's farms, exceeded \$3,600.

Last year's acre value of Oklahoma's 12 leading field crops exceeded the es-

timated acre price of its average plow land. The crop value in 1919 was nearly four times the crop value in statehood year, 1907. Its farmers paid for farm help one-third more per month than the average paid in the 16 states comprising the South Atlantic and the south central groups. Half the farms are under oil lease, and from these leases last year landowners received \$52,000,000. Oklahoma landowners received last year from crops, royalties, and livestock the total sum of \$540,939,000.

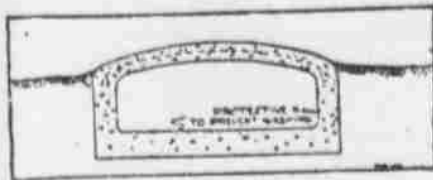
ROAD BUILDING

BUILDING CONCRETE CULVERT

Plan Outlined to Go Away With Construction of Forms—Remedy for Undermining.

Instead of going to the trouble and expense of making forms for the concrete culverts, if the ditch is temporarily filled with earth and tamped, these may be made with no forms at all. One such culvert was made several years ago that has withstood time and frequent use and is still without any cracks.

The illustration shows how this type of culvert or bridge is constructed, writes Dale R. Van Horn in Missouri and Kansas Farmer. If a piece of land is to be drained, this may be



How Culvert is Constructed.

built first and the ditch dug afterward. If an old ditch is to be bridged, the fill may be made for the time being and later removed. The concrete is mixed in the right proportions and laid on the rounding surface to the proper thickness, and with suitable reinforcing. Trenches should be dug at either side to make a good footing to hold the culvert rigid and to take the weight of loads passing over it.

Many concrete bridges fail to stand the test of high waters. If the footing is too shallow, they undermine



Remedy for Undermining.

during a flood, and either crumble or are made unsafe. A simple remedy for this is to provide a shallow wall running across the upstream side of the opening, and a part of the bridge. This should extend to the bottom of the side walls and should not be over five or six inches above the low water level. This checks any tendency toward undermining and prevents debris from wedging in the bridge.

GOOD ROADS INDISPENSABLE

Highway Improvement is a Business Proposition With Farmer and City Dweller.

When it takes four horses to pull an empty wagon to town and wheat is going off in price each day; when the mail carrier gives up in despair, and the children cannot get to school, the farmer cannot help wondering how much this condition is costing him each day.

Figure as he may, he cannot get away from the fact that good roads are indispensable to agricultural prosperity.

The city dweller is alike concerned. The farm on a good road has scores of possibilities for the development of its resources to every one open to the farm on a poor road. Increased expenditures—greater buying powers.

In the early days of poverty many a county bonded itself for hundreds of thousands of dollars to secure railroads to promote agricultural development. Three-fourths of all the freight railroads built must sooner or later move over the public highways, and every ton so moved is costing at an average rate of 23 cents per mile.

Verily, road improvement is a business proposition—a matter of dollars and cents.

PENNSYLVANIA NOW LEADING

Keystone State Led Nation in 1919 in Mileage of Contracts Let for Road Building.

Pennsylvania led the nation in 1919 in mileage of contracts let for road construction, according to the state highway department. Up to January 1 the state awarded contracts for the building of 679.26 miles of durable highways. Its nearest competitor was Illinois, which contracted for 510.70 miles.

Pennsylvania's 1920 program calls for the construction of approximately 800 miles of roads. The department says that Pennsylvania is far ahead of other states in the organization it has perfected to build durable highways.

BETTER SCHOOL ADVANTAGES

Average of School Year is 180 Days in Five States Having Best Road Systems.

Good roads make it possible to have better school advantages. In the five states of the Union which have the best system of public highways the average length of school year is 189 days. In the five states that have given the least attention to road improvements the school year is less than half that long.

ASPIRIN INTRODUCED BY "BAYER" IN 1900

Look for name "Bayer" on the tablets, then you need never worry.

If you want the true, world-famous Aspirin, as prescribed by physicians for over eighteen years, you must ask for "Bayer Tablets of Aspirin."

The "Bayer Cross" is stamped on each tablet and appears on each package for your protection against imitations.

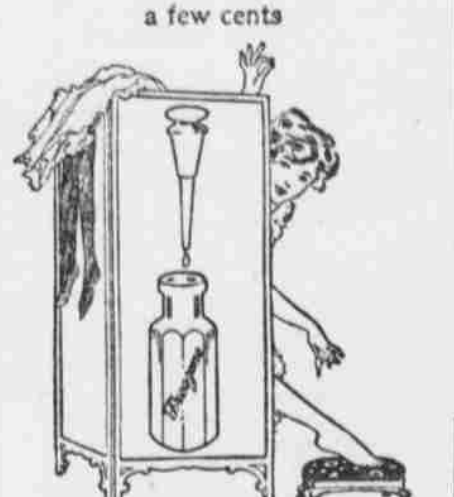
In each package of "Bayer Tablets of Aspirin" are safe and proper directions for Colds, Headache, Neuralgia, Toothache, Earache, Rheumatism, Lumbago, Neuritis, and for Pain in general.

Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid.—Adv.

Wifely Wisdom.
She—Can your wife tell a lie?
He—Immediately it comes out of my mouth!—The Bystander.

LIFT OFF CORNS!

Doesn't hurt a bit and costs only a few cents



Magie! Just drop a little Freezone on that touchy corn. Instantly it stops aching, then you lift the corn off with the fingers! Truly! No humbug!

Try Freezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without one particle of pain, soreness or irritation. Freezone is the discovery of a noted Cincinnati genius.—Adv.

Scant Comfort

One positive service performed by visiting wife's relatives is eating so much that there aren't so many leftovers for next day.—Ohio State Journal.

The housewife smiles with satisfaction as she looks at the basket of clear, white clothes and thanks Red Cross Ball Blue. At grocers, 5c.

BUILT MANY CENTURIES AGO

Florida's Shell Mounds Believed to Date Back to Before Beginning of Christian Era.

Florida's shell mounds, which are found in different portions of the state, are unquestionably of human construction, and were probably built by some race of people who inhabited the country about the beginning of the Christian era. These mounds were found overgrown with herbage and forest as long ago as when the first red man set foot in Florida, and the fact that the deposit of earth above them was sufficient to give place to the root of trees proved their great age.

There have been found in all these mounds pieces of pottery imbedded in the shell conglomerate, as well as articles made of shell and bone, rude stone implements and many bones of animals and fish, such as deer, terrapin, rabbits, alligators and others. There are in the entire state about forty mounds, the most important of which are those of King Philip's town, near the outlet of Lake Harney, which are 450 feet long, from 100 to 150 feet broad, and with an average height of eight feet.

As She Saw the Elephant.

Little Catherine, aged four, saw an elephant at a circus for the first time. Looking at it, she exclaimed: "Oh, mamma, look at the fat horse with a tail near his eyes!"

Being good also has its evil—self-conceit.

BRACE UP!

The man or woman with weak kidneys is half crippled. A lame, stiff back, with its constant, dull ache and sharp, shooting twinges, makes the simplest task a burden. Headaches, dizzy spells, urinary disorders and an "all worn out" feeling are daily sources of distress. Don't neglect kidney weakness and risk gravel, dropsy or Bright's disease. Get a box of Doan's Kidney Pills. They have helped other people the world over. Ask your neighbor!

A Nebraska Case

Mrs. Mary Beety, 206 E. Third St., Fairbury, Neb., says: "My back was lame and there was a continual ache right over my kidneys. I had injured my back when a child, and for years it bothered me off and on. My kidneys acted too freely. A friend advised me to use Doan's Kidney Pills and I did. Several boxes corrected the trouble and I haven't been bothered in years."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Constipation and Sluggish Liver

Don't take chances. Get Carter's Little Liver Pills right now. They never fail to make the liver do its duty. They relieve constipation, banish indigestion, drive out biliousness, stop dizziness, clear the complexion, put a healthy glow on the cheek and sparkle in the eye. Be sure and get the genuine.

Small Pill—Small Dose—Small Price
DR. CARTER'S LITTLE LIVER PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.

See how most bear signature *Carters*

After you eat—always use EATONIC

—one or two tablets—eat like candy. Instantly relieves heartburn, bloated Gassy Feeling. Stops indigestion, food souring, repenting, headache and the many miseries caused by

Acid-Stomach

EATONIC is the best remedy, it takes the harmful acids and gases right out of the body and, of course, you get well. Tens of thousands wonderfully benefited. Guaranteed to satisfy or money refunded by your own druggist. Cost a trifle. Please try it!

Cuticura Soap

Imparts The Velvet Touch

Soap 25c, Ointment 25 and 50c, Talcum 25c.

SUBSIST MAINLY ON DATES

Fruit is the Mainstay of Life to the People of Egypt, Arabia and Persia.

East is west so far as the palm is concerned. Hawaii, California, Florida, Cuba, Egypt, Palestine, they all know their palms. Of all varieties none is so dear to the heart as the date palm. We all know its delicious fruit, but few can conceive the desert dweller's love for it, for he only can appreciate its grateful shade in the sweltering desert heat.

The date palm is always a sure sign of water, for to thrive it must have this. Rising often to a height of 100 feet, it is a haven of refuge to the parched traveler who knows that to dig near it is to find water. Then there is the delicious fruit to be considered, too. Many of us know the date as a luxury—sometimes stuffed or otherwise, but a considerable part of the inhabitants of Egypt, of Arabia and Persia subsist almost entirely on its fruit. They boast also of its medicinal virtues. Then the camels feed upon the date stone.

The Bulge That Counts.

Our observation is that folks forgive a man's trousers for bagging at the knees if they bulge at the pockets. —Dallas News.

A guest may be as glad to go as the host is to have him.

For your breakfast

Grape-Nuts

A ready-to-eat food that costs but little and is full of the sound nourishment of wheat and malted barley.

Appetizing Economical

At Grocers Everywhere!